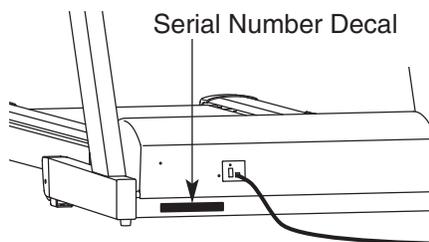# PRO-FORM 800 LX

Model No. PFTL81405.0

Serial No. _____

Write the serial number in the space above for future reference.

Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.
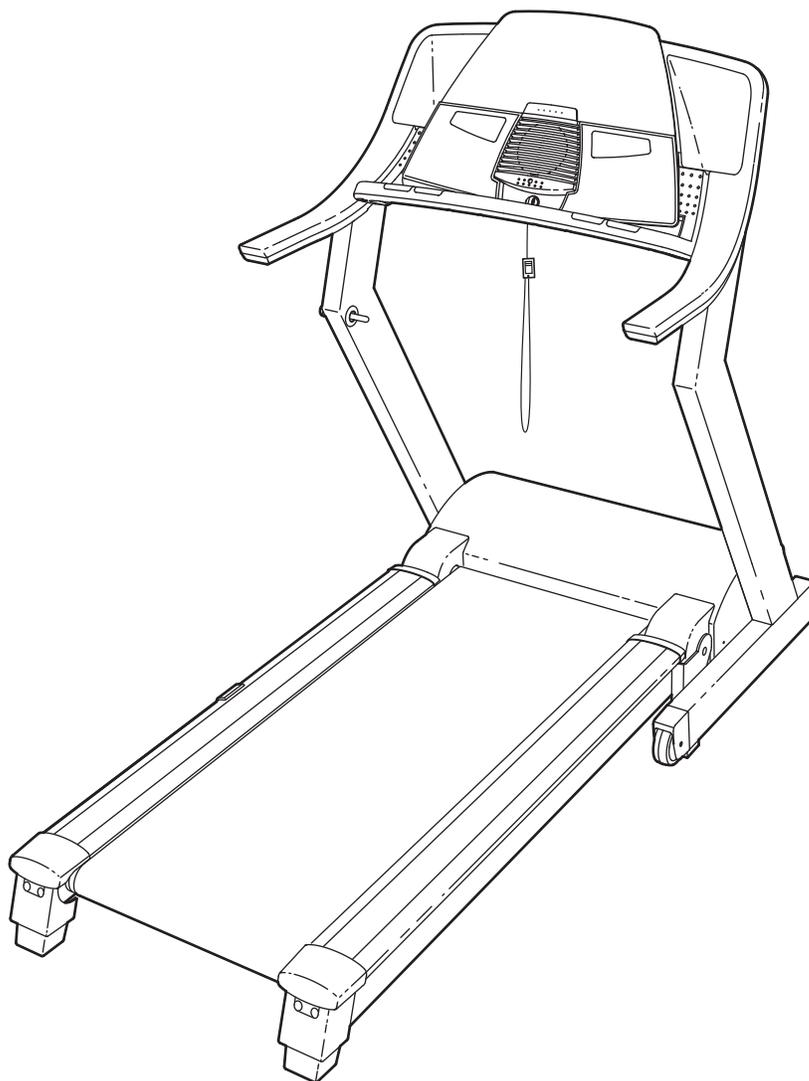
CALL TOLL-FREE:

1-888-533-1333

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

⬛ Visit our website at

www.proform.com

new products, prizes, fitness tips, and much more!

PRO-FORM 800 LX

TABLE OF CONTENTS

Note: An EXPLODED DRAWING is attached in the center of this manual.

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described in this manual.

3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

5. Do not operate the treadmill where aerosol products are used or oxygen is administered.

6. Keep children under the age of 12 and pets away from the treadmill at all times.

7. The treadmill should not be used by persons weighing more than 350 pounds. Never allow more than one person on the treadmill at a time.

8. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*

9. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

10. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

11. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

12. Keep the power cord and the surge suppressor away from heated surfaces.

13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 27 if the treadmill is not working properly.)

14. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

15. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

16. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

17. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)

18. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 25.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

19. When folding or moving the treadmill, make sure that the storage latch is fully closed.

20. When using iFIT.com CDs and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

21. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

22. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

23. Inspect and properly tighten all parts of the treadmill every three months.

24. Never drop or insert any object into any opening.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown below have been placed on your treadmill. If a decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.

⚠ **CAUTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.
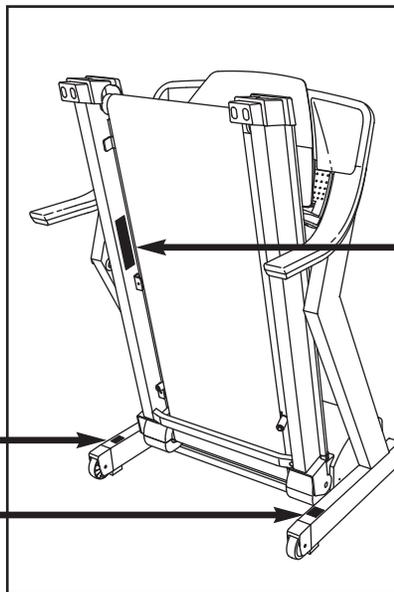
⚠**WARNING:**

Protect yourself and others from risk of serious injury. Read the user's manual and :

• Stand only on the side rails when starting or stopping treadmill.

• Change speed in small increments.

• Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

• Stop if you feel faint, dizzy, or short of breath.

• Fully engage storage latch before treadmill is moved or stored.

• Reduce incline to its lowest level before folding treadmill into storage position.

• Never allow children on or around treadmill.

• Remove key when not in use.

• Keep clothing, fingers, and hair away from moving belt.

• Never try to adjust or fix the belt while it is moving.

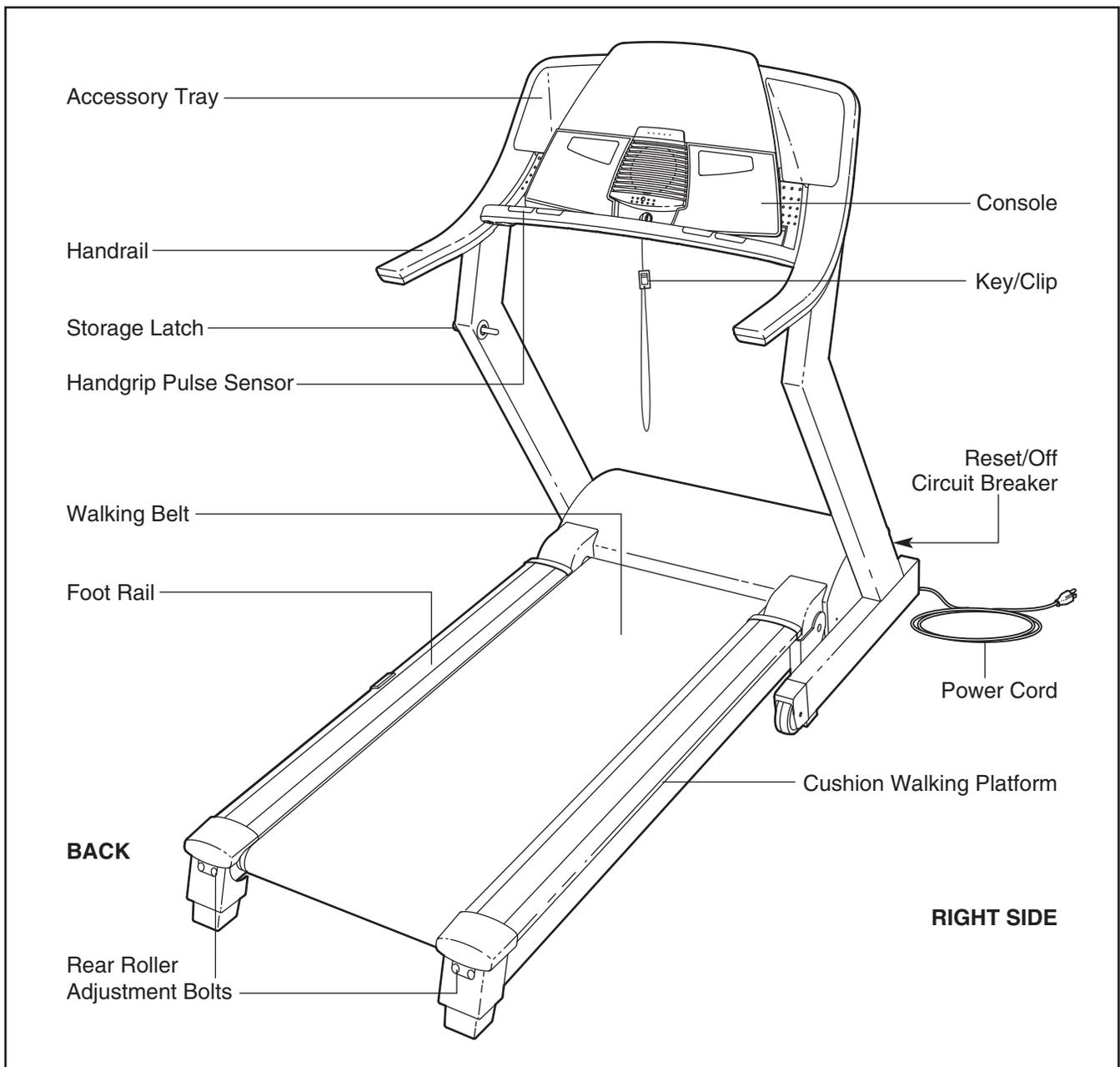• Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Congratulations for purchasing the PROFORM® 800 LX treadmill. The 800 LX treadmill offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. From the advanced console to the cushioned walking platform, the 800 LX treadmill is designed to make each workout more effective and enjoyable. And when you're not exercising, the treadmill can be folded away, taking less than half the floor space of conventional treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is PFTL81405.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.
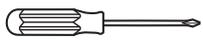
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Accessory Tray

Handrail

Storage Latch

Handgrip Pulse Sensor

Walking Belt

Foot Rail

Console

Key/Clip

Reset/Off
Circuit Breaker

Power Cord

Cushion Walking Platform

BACK

RIGHT SIDE

Rear Roller
Adjustment Bolts

ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill perfor-mance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrench and your own Phillips screwdriver **and adjustable wrench** .

For help identifying assembly hardware, see the drawings below. **Note: If a part is not found in the part bags, check to see if the part has been preattached.**

Nut (25)–2   Star Washer (88)–4

1" Tek Screw (98)–4   Console Bolt (86)–4   Wheel Bolt (92)–2
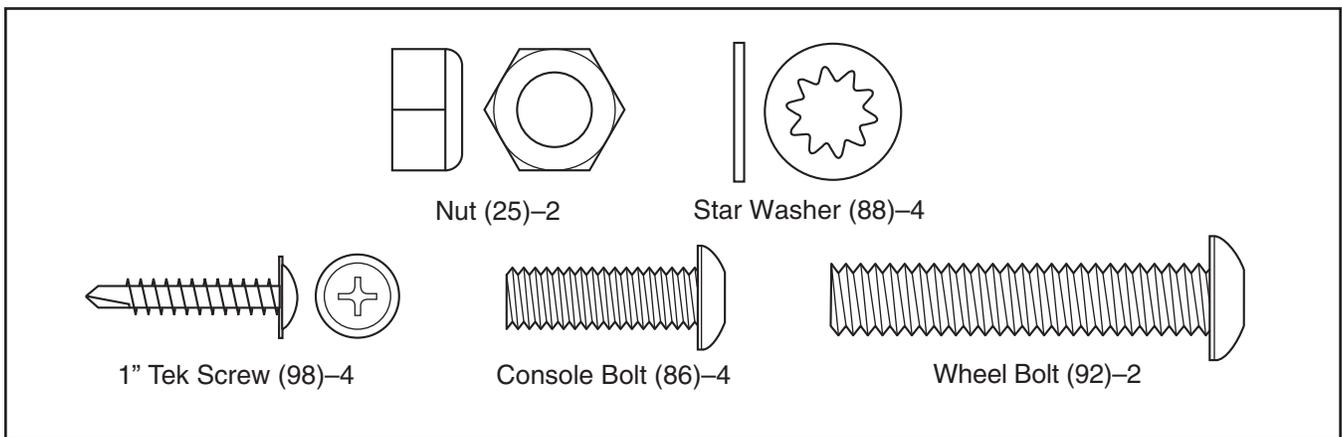
1. With the help of a second person, carefully raise the Uprights (99) to the position shown. Have the second person hold the console assembly near the Uprights as shown. Look under the console assembly and locate the Console Wire Harness (22).

   Cut the plastic ties securing the Upright Wire Harness (61) to the right Upright (99). Connect the Upright Wire Harness to the Console Wire Harness (22). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**
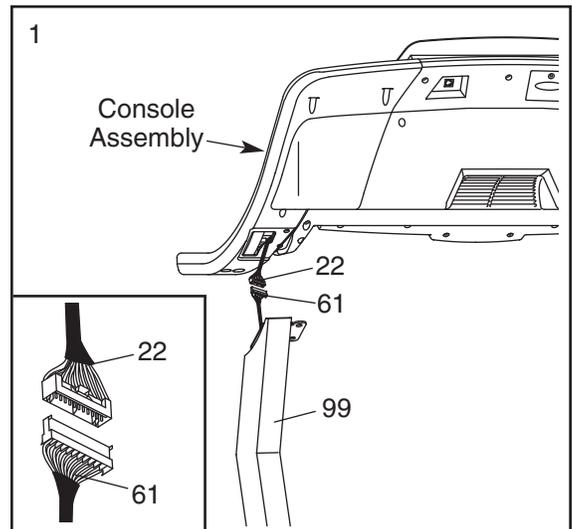
2. Insert the excess Wire Harness (22, 61) down into the right Upright (99).

   Set the console assembly on the Uprights (99). While a second person holds the console assembly, attach the console assembly with four Console Bolts (86) and four Star Washers (88) as shown. **Start all four Console Bolts and then firmly tighten them.**
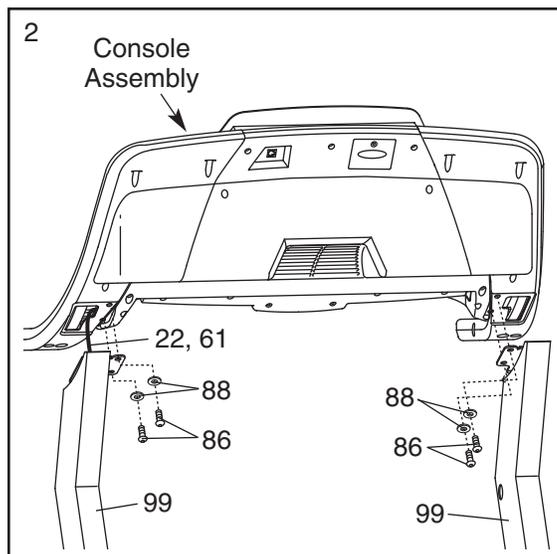
3. Insert a Wheel (93) into a Wheel Housing (43). Attach the Wheel with a Wheel Bolt (92) and a Nut (25). **Note: Do not overtighten the Nut; the Wheel should turn freely**.

   Next, tip the Uprights (99) forward slightly, and insert a Wheel Housing (43) into the base of one of the Uprights as shown.

   Attach the other Wheel (not shown) and Wheel Housing (not shown) as described above.
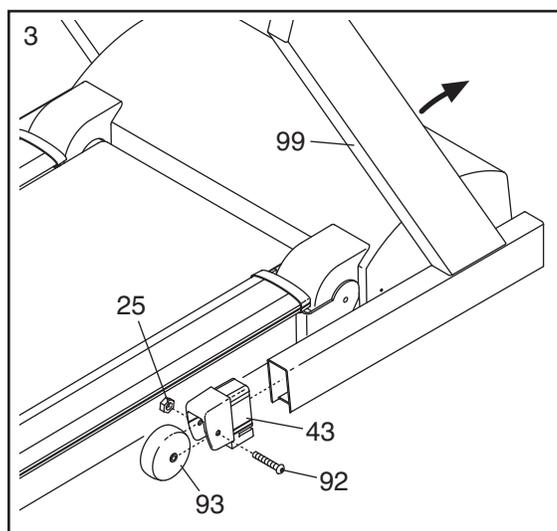
4. With the help of a second person, carefully lower the Uprights (99). **Make sure that the Wheel Housings (43) remain in the bases of the Uprights.**

   Attach each Wheel Housing (43) with a 1" Tek Screw (98).

   Attach a Base Pad (97) to the base of each Upright (99) with a 1" Tek Screw (98).

   With the help of a second person, carefully raise the Uprights (99) back to the vertical position.


7
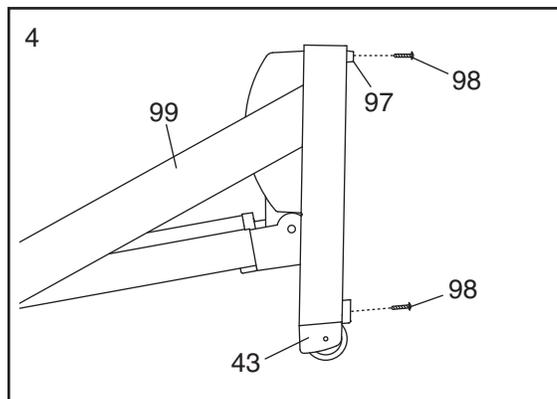
5. Press the Latch Sleeve (89) into the left Upright (99). Note: It may be helpful to use a rubber mallet to fully insert the Latch Sleeve.

   Remove the latch knob from the latch pin. Make sure that the latch pin collar and the spring are on the latch pin. (Note: If there are two latch pin collars, place one on each side of the spring.) Insert the latch pin into the left Upright (99), and tighten the latch knob back onto the latch pin.
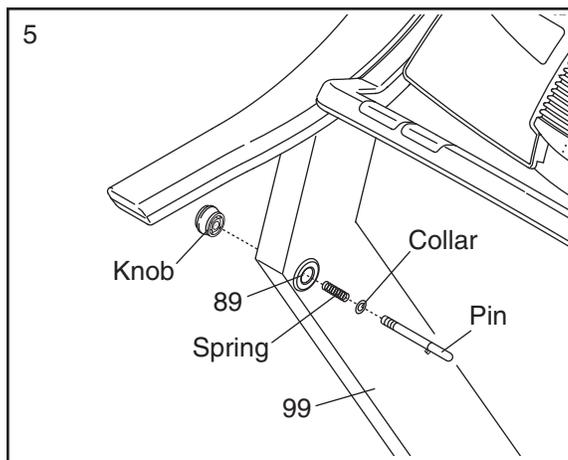

6. Remove the backing from the indicated tape on the console assembly. Press the Book Holder (62) firmly onto the tape. Note: The Book Holder may be preassembled.
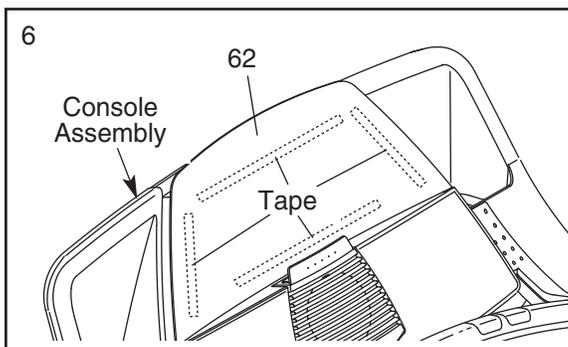
7. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 28). To protect the floor or carpet, place a mat under the treadmill. If there is a sheet of clear plastic on a decal, remove the plastic.

If you purchase the optional chest pulse sensor (see page 24), follow the steps below to install the receiver included with the chest pulse sensor.

1. **MAKE SURE THAT THE POWER CORD IS UN-PLUGGED.** Remove the indicated Screw (2) and the Access Door (95).

2. Remove the paper from the adhesive pad on the back of the receiver (A). **Orient the receiver so the small cylinder is near the lower edge of the receiver and is facing the Console Back (85) as shown.** Firmly press the receiver onto the indicated corner of the Access Door (95). Connect the wire on the receiver to the Pulse Wire (49) extending from the Console Back.

3. **Make sure that no wires are pinched.** Reattach the Access Door (95) with the Screw (2). Discard the other wires included with the receiver.
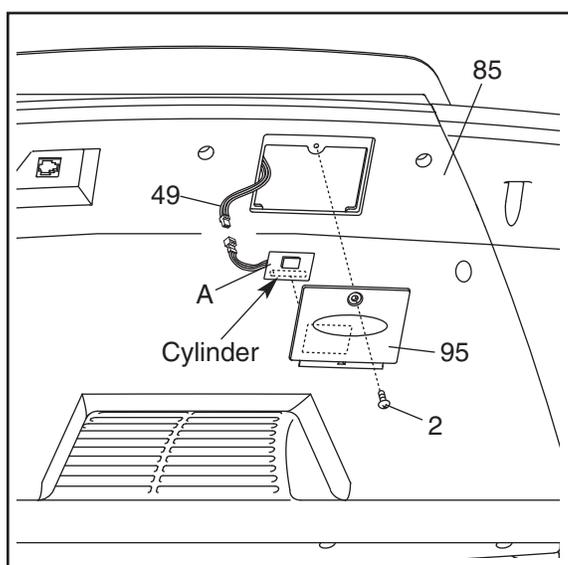
TREADMILL OPERATION

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠️ **DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service-man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

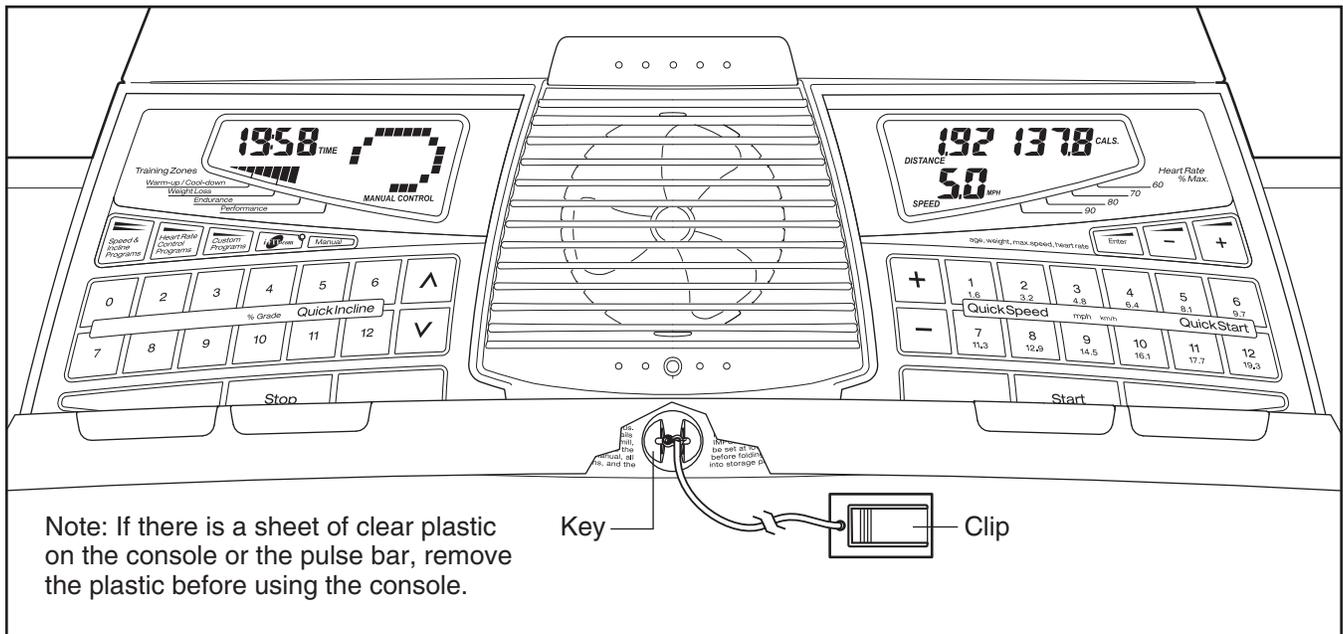**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.
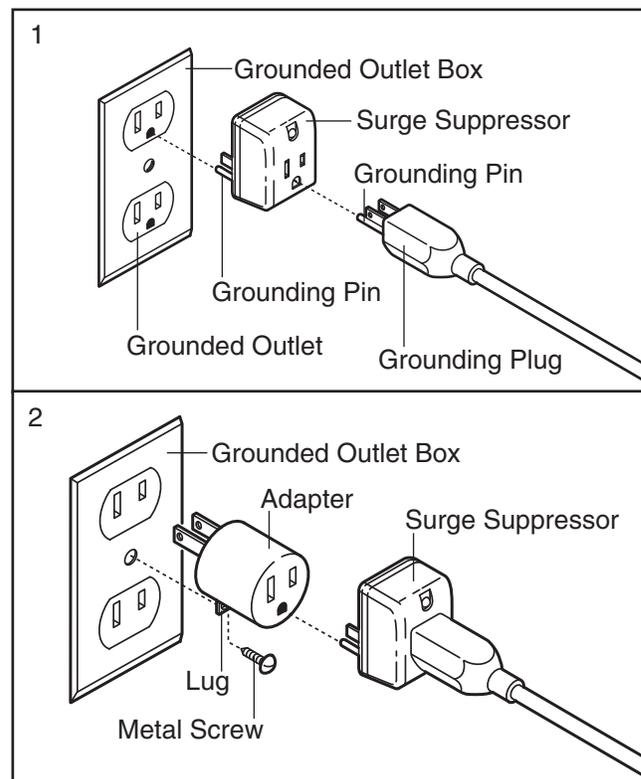
The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

Note: If there is a sheet of clear plastic on the console or the pulse bar, remove the plastic before using the console.

Key — Clip

FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to help you get the most from your workouts.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 24).

In addition, the console offers 6 preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create custom workout programs and store them in memory for future use.

Two heart rate programs are also offered. Each program automatically adjusts the speed and incline of the treadmill to keep your heart rate near a target heart rate while you exercise. Note: The heart rate programs require the use of the optional chest pulse sensor.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a per-

sonal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 11. **To use a preset program,** see page 13. **To create and use a custom program,** see pages 15 and 16. **To use a heart rate program**, see page 17. **To use an iFIT.com CD or video program**, see page 21. **To use iFIT.com programs directly from our Web site**, see page 23.

HOW TO TURN ON THE POWER

Note: To prevent damage to the walking platform, always wear clean shoes when using the treadmill.

Plug in the power cord (see page 9). Next, locate the reset/off circuit breaker near the power cord. Make sure that the circuit breaker is in the reset position.

Reset Position
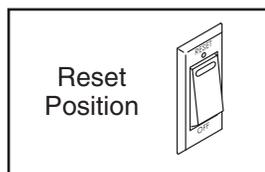
Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 10) and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER above.

2 **Select the manual mode.**

When the key is inserted, the manual mode will be selected. If you have selected a program, press the Manual button to reselect the manual mode.

3 **Start the walking belt.**

To start the walking belt, press the Start button, the Speed + button, or one of the twelve Quick Speed buttons.

If the Start button or the Speed + button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed + and – buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

If one of the Quick Speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the left display. To restart the walking belt, press the Start button, the Speed + button, or one of the Quick Speed buttons.
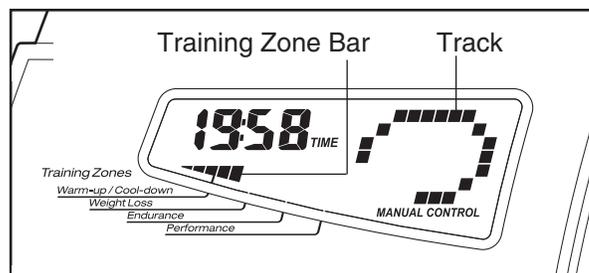
Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 28).

4 **Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline setting quickly, press the Quick Incline buttons. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

5 **Follow your progress with the two displays.**

The left display—This display will show the elapsed time, your pace (in *minutes per mile),* and the incline level of the treadmill*.* Note: When a program is selected, this display will show the time remaining in the program instead of the elapsed time. Each time the incline of the treadmill changes, the display will show the incline setting for several seconds.

Training Zone Bar   Track

19:58 TIME

Training Zones
Warm-up / Cool-down
Weight Loss
Endurance
Performance

MANUAL CONTROL

The left display will also show a training zone bar that indicates the approximate intensity of your exercise. For example, if four to six segments of the bar appear, the bar shows that your exercise intensity is ideal for weight loss.

When the manual mode or the iFIT.com mode is selected, the left display will also show a track. As you exercise, the indicators around the track will light, one at a time, until the entire track is lit. The track will then disappear and a new lap will begin.

The right display—This display will show the distance that you have walked or run, the number of 1/4-mile laps you have completed, the speed of the walking belt, and the approximate numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 29). Note: For a more accurate reading on the number of calories burned, enter your weight by pressing the + and – buttons beside the Enter button. When your weight is shown, press the Enter button. Your weight will be saved in memory.
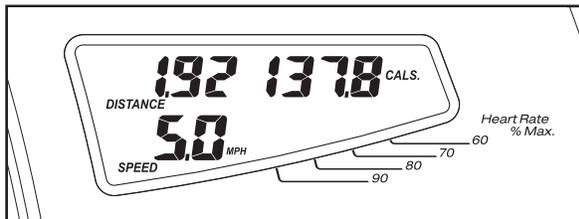
The right display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. In addition, during heart rate programs the right display will show a heart rate bar that shows your heart rate as a percentage of your estimated maximum heart rate (see step 3 on page 17 for an explanation of your estimated maximum heart rate). For example, if four to six segments of the bar appear, your heart rate is between 60% and 70% of your estimated maximum heart rate.
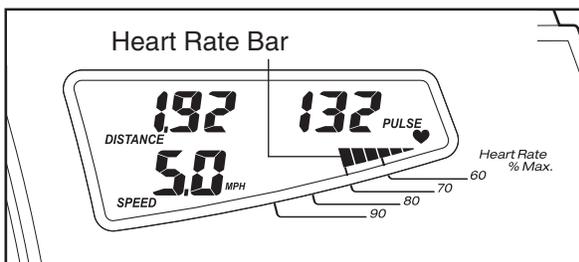

Note: The console can display speed and distance in either miles or kilometers. The letters "MPH" or "Km/H" will appear in the right display to show which unit of measurement is selected. To change the unit of measurement, see THE INFORMATION MODE/DEMO MODE on page 24. **For simplicity, all instructions in this section refer to miles.**

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

6 **Measure your heart rate if desired.**

Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time,

the console will not display your heart rate accurately. Before using the handgrip pulse sensor, remove the clear plastic film from the metal contacts on the handgrip pulse sensor. In addition, make sure that your hands are clean.
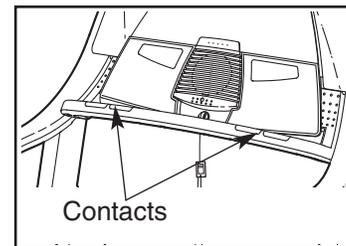
To use the handgrip pulse sensor, **stand on the foot rails** and hold the pulse sensor with your palms resting on the metal contacts; **avoid moving your hands**. When your pulse is detected, the heart-shaped indicator in the right display will flash each time your heart beats, one or two dashes (– –) will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

Note: The pulse bar is intended to be used only for heart rate measurement. **Do not use the pulse bar as a handlebar. Always hold the handrails for support when you are not measuring your heart rate.**

7 **Turn on the fan if desired.**

To turn on the fan, press the button below the fan. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: A few minutes after the walking belt is stopped, the fan will automatically turn off.

8 **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays on the console remain lit after the key is removed, the console is in the "demo" mode. See page 24 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.
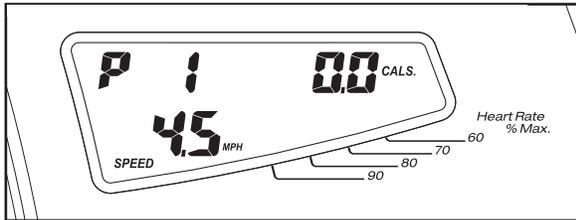
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select one of the preset programs.

To select a preset program, press the Speed & Incline Programs button repeatedly. The right display will show which program (P1 to P6) is selected.

When a preset program is selected, the left display will flash the maximum incline setting of the program for a few seconds, and the right display will flash the maximum speed setting. The left display will then show how long the program will last. In addition, the matrix in the left display will show the first seven speed settings of the program.
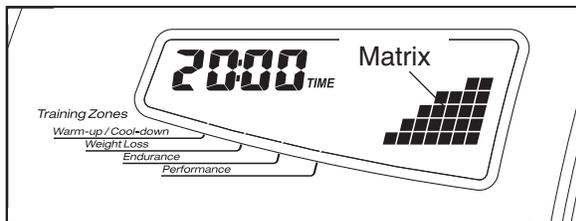

3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next seven segments will be shown in the columns at the right.
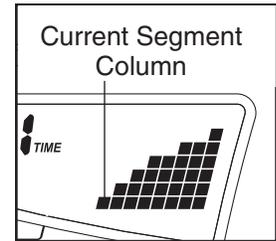
When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the left display and/or the right display will flash to alert you. When the first segment ends, *all speed settings in the matrix will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings may move downward* so that only the highest indicators appear in the matrix. If some indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well.) **Note: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the left display. To restart the program, press the Start button or the Speed + button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 **Follow your progress with the displays.**

See step 5 on page 11.

5 **Measure your heart rate if desired.**

See step 6 on page 12.

6 **Turn on the fan if desired.**

See step 7 on page 12.

7 **When you are finished exercising, remove the key from the console.**

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and various indicators remain lit after the key is removed, the console is in the "demo" mode. See page 24 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.
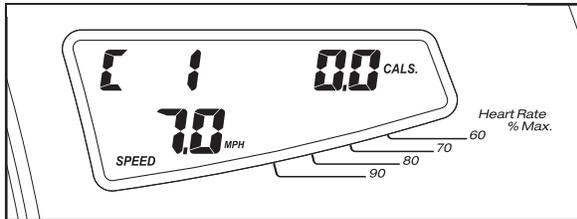
HOW TO CREATE A CUSTOM PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select one of the custom programs.

To select a custom program, press the Custom Programs button repeatedly until "C1," "C2," "C3," or "C4" appears in the right display.


If the custom program has not yet been defined, one to three columns of indicators will appear in the matrix in the left display. **If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 16.**
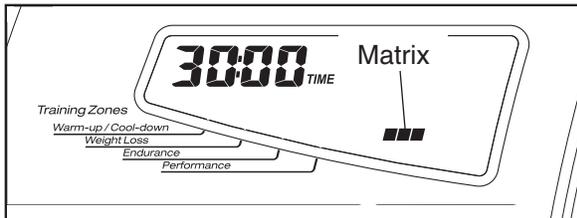
3 Press the Start button or the Speed + button and program the desired speed and incline settings.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

See the matrix in the left display. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times one of the Speed buttons is pressed, an additional indicator will appear or disappear in the Current Segment column.
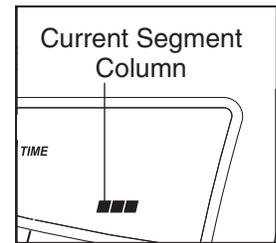
When the first segment of the program is completed, the current speed setting and the current incline setting will be stored in memory. *The three columns of indicators will then move one column to the left,* and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

4 When you are finished exercising, remove the key from the console.

See step 7 on page 14.

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HOW TO USE A CUSTOM PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select one of the custom programs.

To select a custom program, press the Custom Programs button repeatedly until "C1," "C2," "C3," or "C4" appears in the right display.

When a custom program is selected, the left display will flash the maximum incline setting of the program for a few seconds, and the right display will flash the maximum speed setting. The left display will then show how long the program will last. In addition, the matrix in the left display will show the first speed settings of the program. **Note: If only three columns of indicators appear in the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 15.**

3 Press the Start button or the Speed + button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

Each program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next several segments will be shown in the columns to the right.
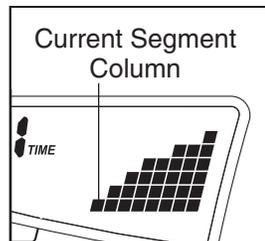
Current Segment Column

TIME

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, the speed setting and the incline setting will flash in the main display, and *all speed settings will move one column to the left.* The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the second speed and incline settings that you programmed previously.

The program will continue until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine to the program while using it. **To change the speed or incline setting during the current segment,** simply press the Speed or Incline buttons. When the current segment is completed, the new setting will be saved in memory. **To increase the length of the program,** first wait until the program is completed. Then, press the Start button, and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program,** press the Stop button twice at any time before the program is completed.

To stop the program temporarily, press the Stop button. The time will begin to flash in the main display. To restart the program, press the Start button or the Speed + button. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the displays.

See step 5 on page 11.

5 Measure your heart rate if desired.

See step 6 on page 12.

6 Turn on the fan if desired.

See step 7 on page 12.

7 When you are finished exercising, remove the key from the console.

See step 7 on page 14.

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a heart rate program.
Note: You must wear the optional chest pulse sensor (see page 24) to use a heart rate program. While using the chest pulse sensor, do not use the handgrip pulse sensor.
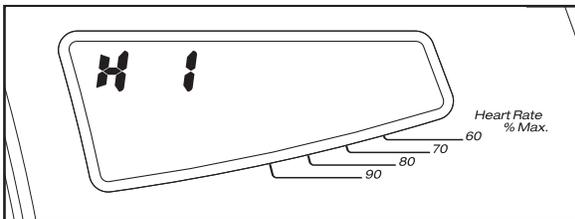
1 Put on the optional chest pulse sensor.

See the instructions included with the optional chest pulse sensor.

2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

3 Select a heart rate program.

To select a heart rate program, press the Heart Rate Control Programs button repeatedly until "H1" or "H2" appears in the right display.

During the 85% Max program, your heart rate will reach approximately 85% of your *estimated maximum heart rate.* During the Self Select program, your heart rate will remain near a level that you select. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute (220 – 30 = 190).

4 Enter your age.

When a heart rate program is selected, the word "AgE" will appear in the left display and the current age setting will begin to flash. If you have already entered your age, simply press the Enter button. If you have not entered your age, press the + or – button beside the Enter button to enter your age, and then press the Enter button.
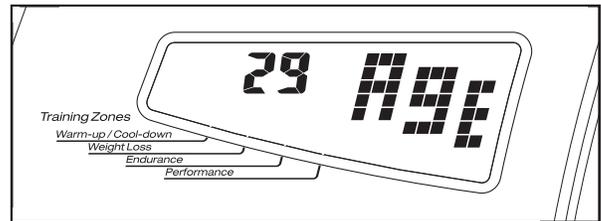
**5 Enter a maximum speed setting.**

After you have entered your age, the letters "SPd" will appear in the left display and the maximum speed setting of the program will begin to flash. If desired, press the + or – button beside the Enter button to adjust the maximum speed setting. When the desired setting is shown, press the Enter button.
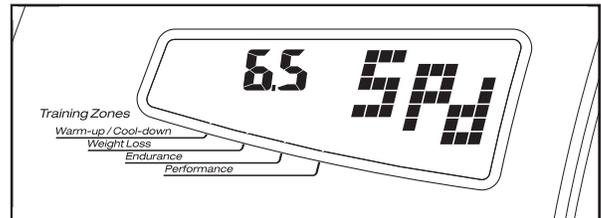
If the 85% Max program is selected, go to step 7. If the Self Select program is selected, go to step 6.

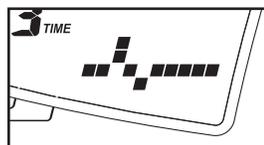**6 Enter a target heart rate.**

The letters "PLS" will appear in the left display and the target heart rate setting for the program will begin to flash. If desired, press the + or – button beside the Enter button to adjust the target heart rate setting. When the desired setting is shown, press the Enter button.
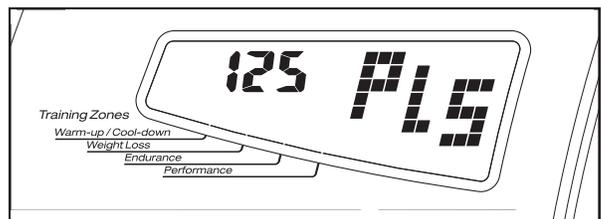
7 **Press the Start button or the Speed + button to start the program.**

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

During heart rate programs, the matrix in the left display will show a heart beat symbol. Each time a heart beat is detected, a peak will appear.

Each heart rate program is divided into several time segments of different lengths. One target heart rate is programmed for each segment. Note: If the Self Select program is selected, the same target heart rate is programmed for all segments.

During each segment, the console will compare your heart rate to the target heart rate. If your heart rate is too far below or above the target heart rate, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate. If the speed reaches the maximum speed setting of the program (see step 5 on page 17) and your heart rate is too far below the current target heart rate, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate.

During the last three seconds of each segment, a series of tones will sound and the incline setting and the speed setting will flash in the two displays.

The program will continue until the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters "PLS" will flash in the right display and the speed and incline of the treadmill may automatically decrease.

To stop the program at any time, press the Stop button. Heart rate programs cannot be stopped temporarily and then restarted. To use a heart rate program again, reselect the program and start it at the beginning.

8 **Follow your progress with the displays.**

See step 5 on page 11.

9 **Turn on the fan if desired.**

See step 7 on page 12.

10 **When you are finished exercising, remove the key from the console.**

See step 7 on page 14.

HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 19 and 20 for connecting instructions. **To use iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 21 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 20 for connecting instructions.
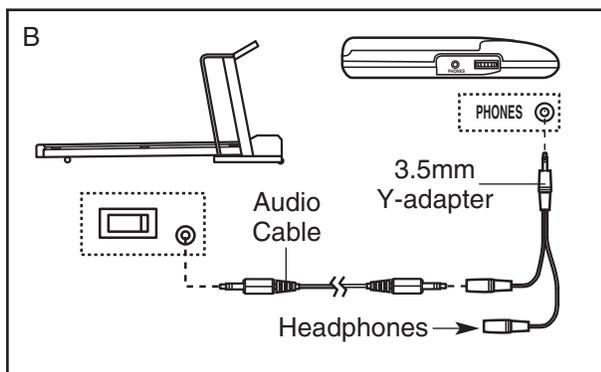
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
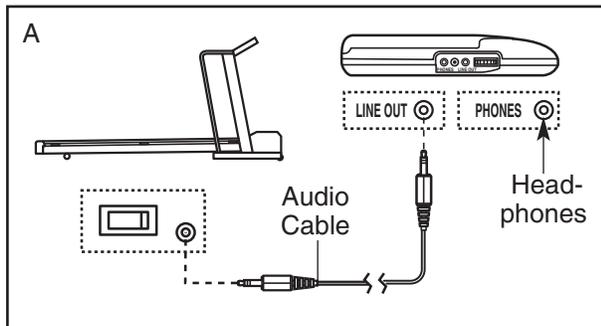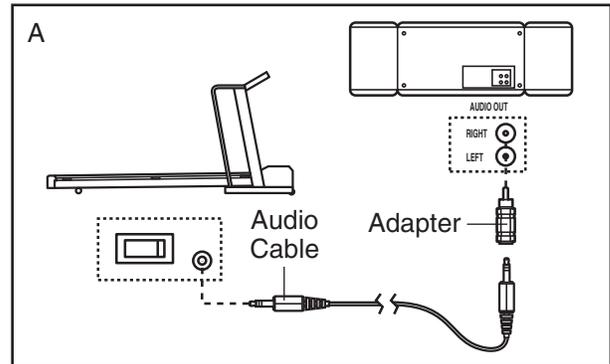

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.
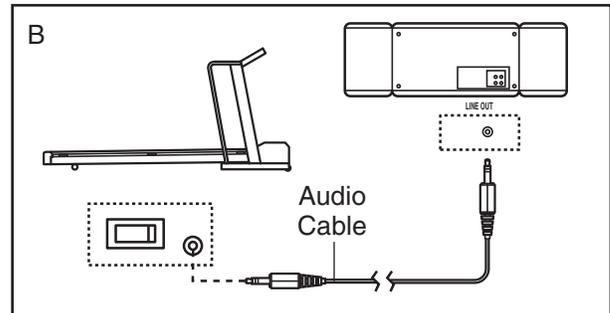

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your stereo.

C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.

HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.
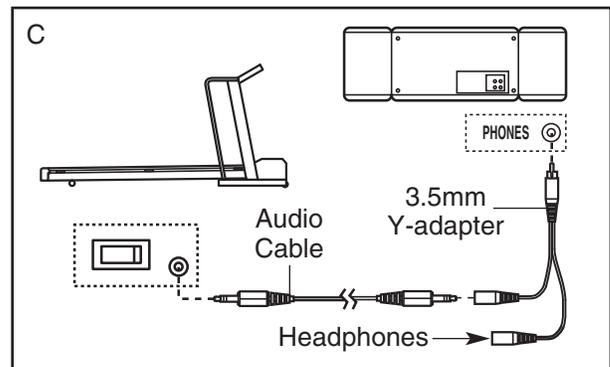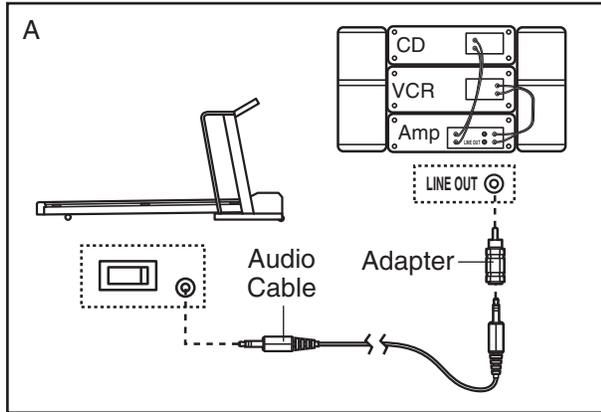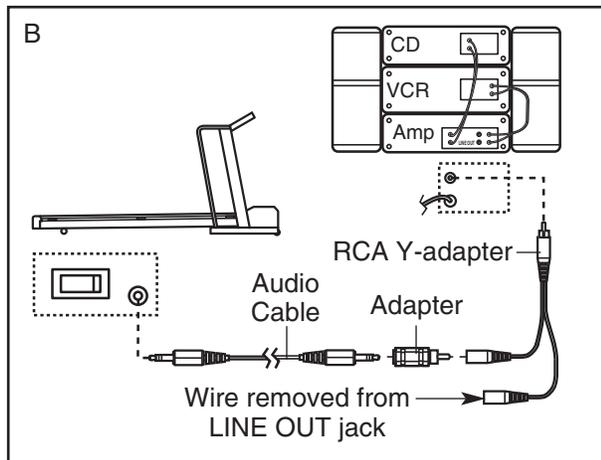
A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.
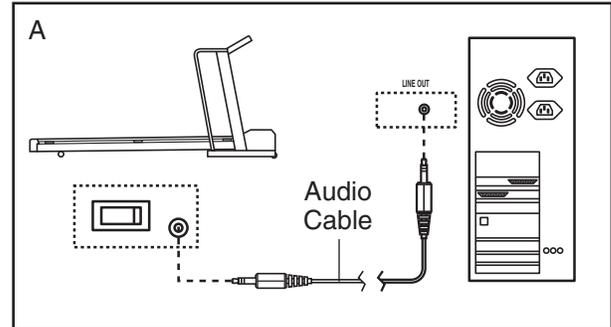

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.

HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.
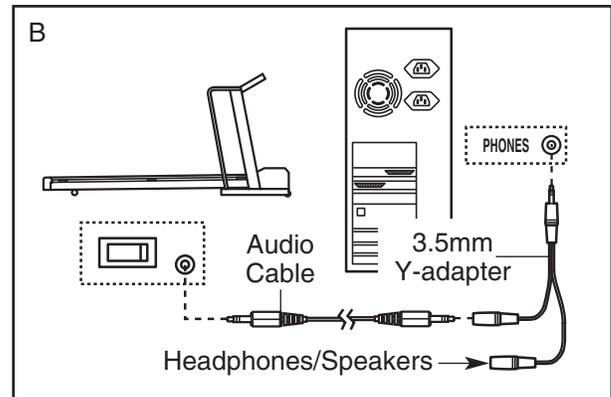
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 20.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into the AUDIO OUT jack on your VCR.

B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.

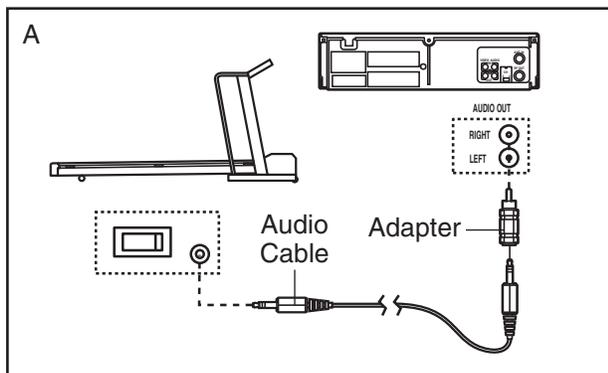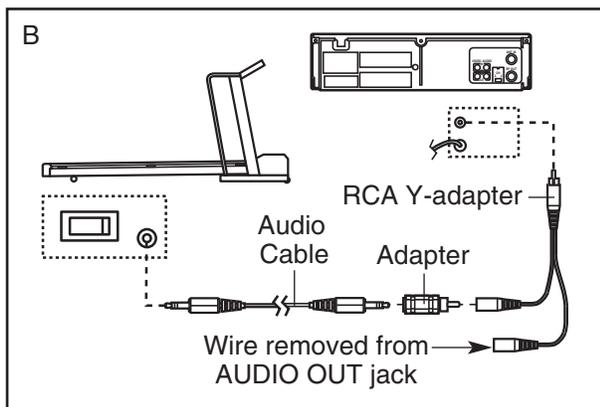**HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS**

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on pages 19 to 21. **To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

Follow the steps below to use an iFIT.com CD or video program.

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 11.

2 **Select the iFIT.com mode.**

To use iFIT.com CDs or videocassettes, press the iFIT.com button. The indicator on the button will light.

3 **Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 **Press the PLAY button on your CD player or VCR.**

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the left display, press the Start button or the Speed + button on the console. The treadmill will not respond to a CD or video program while the time is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the left display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the CD or video program**.

When the CD or video program is completed, the walking belt will stop and the time will begin to flash in the left display. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 21.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard:

• **Make sure that the iFIT.com indicator is lit and that the time is not flashing in the left display. If the time is flashing, press the Start button or the Speed + button on the console.**

• **Adjust the volume of your CD player or VCR/TV. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

• **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

5 **Follow your progress with the displays.**

See step 5 on page 11.

6 **Measure your heart rate if desired.**

See step 6 on page 12.

7 **Turn on the fan if desired.**

See step 7 on page 12.

8 **When you are finished exercising, remove the key from the console.**

See step 7 on page 14.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR when you are finished using them.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

To use programs from our Web site, the treadmill must be connected to your computer. See HOW TO CONNECT YOUR COMPUTER on page 19. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select the iFIT.com mode.

To use a program from our Web site, press the iFIT.com button. The indicator on the button will light.

3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move.

Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the left display. To restart the program, press the Start button or the Speed + button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop and the time will begin to flash in the left display. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT.com indicator is lit and that the time is not flashing in the left display. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the displays.

See step 5 on page 11.

**9 When you are finished exercising, remove the key from the console.**

See step 7 on page 14.

THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of the total number of miles that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select miles or kilometers as the unit measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console. When the information mode is selected, the following information will be shown:

The left display will show the total number of hours that the treadmill has been used.
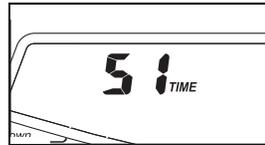
The right display will show the total number of miles (or kilometers) that the walking belt has moved. In addition, the right display will show the letter "E" for English miles or the letter "M" for metric kilometers. Press the Speed + button to change the unit of measurement.
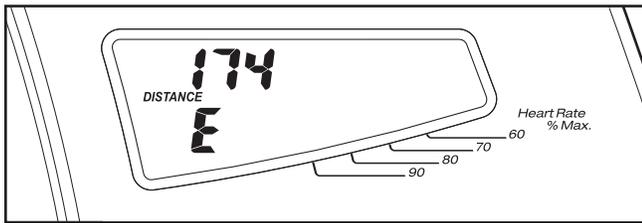
IMPORTANT: If the letter "d" appears in the right display, the "demo" mode is selected. This mode is intended to be used only when a treadmill is displayed in a store. When the demo mode is selected, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the right display when the information mode is selected, press the Speed – button.**

To exit the information mode, remove the key from the console.

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor provides hands-free operation as it continuously monitors your heart rate. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**
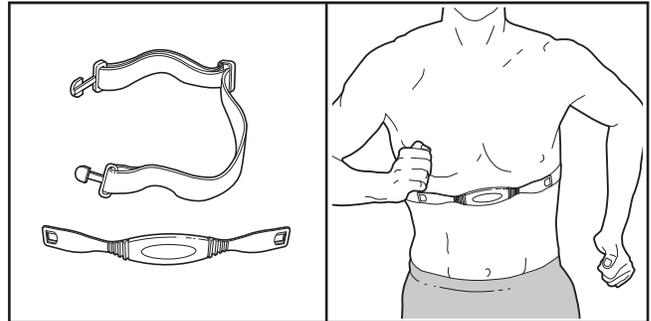
HOW TO FOLD AND MOVE THE TREADMILL

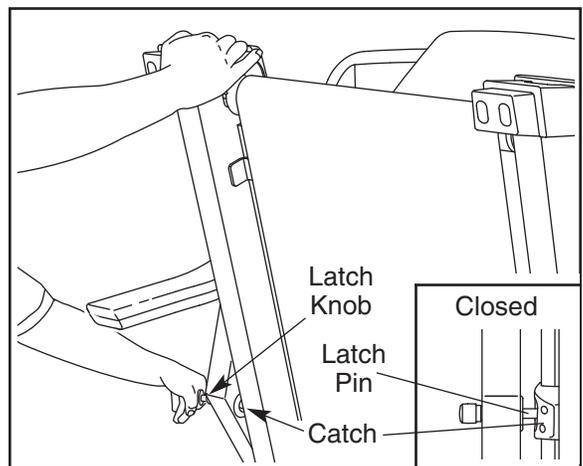**HOW TO FOLD THE TREADMILL FOR STORAGE**

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the end of the treadmill near the location indicated by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.
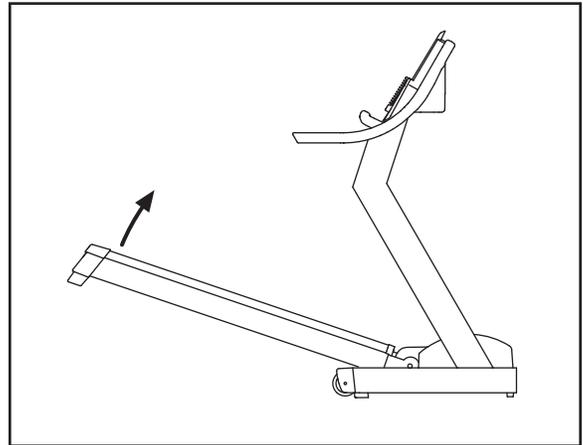
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the catch is aligned with the latch pin. Slowly release the latch knob. **Make sure that the catch is securely held by the latch pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is securely held by the latch pin.**

1. Hold the treadmill and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until the base is resting in the storage position.

Latch Knob

Latch Pin

Catch

Closed

Front Wheels

Base

25
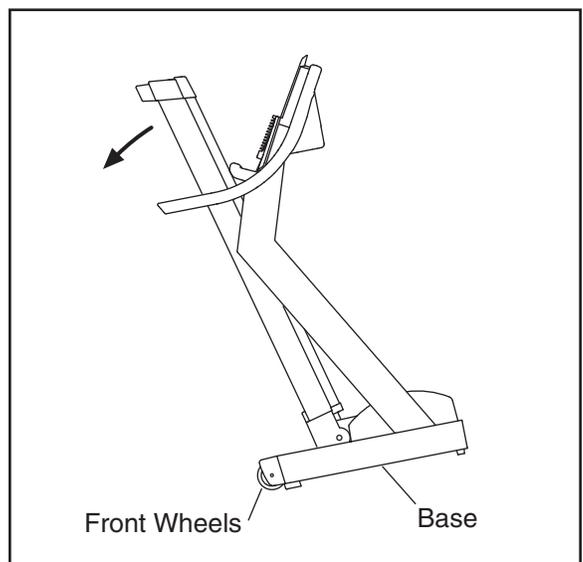
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.

Latch Pin

Open

Latch Knob

Catch
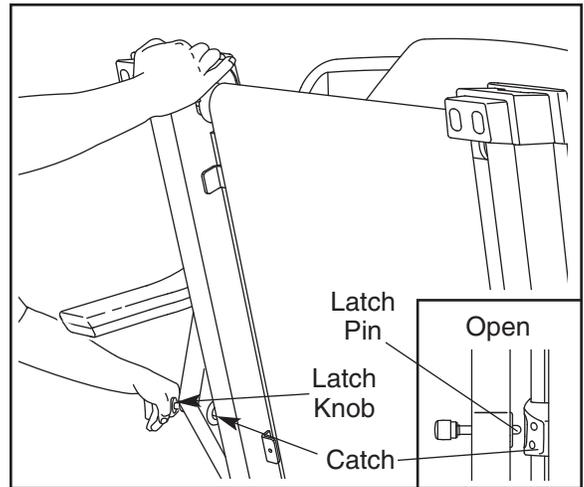
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**
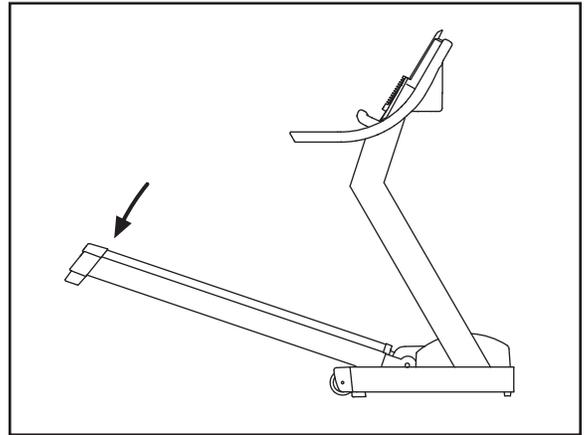
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call the toll-free telephone number on the front cover of this manual.

PROBLEM: **The power does not turn on**

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. Make sure that the key is fully inserted into the console.

c. Check the reset/off circuit breaker located on the frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
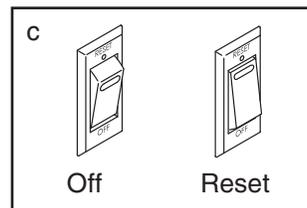
Off   Reset

PROBLEM: **The power turns off during use**

SOLUTION: a. Check the reset/off circuit breaker (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console and then reinsert it.

d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: **The displays of the console do not function properly**

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Next, remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (42) and the Magnet (24) on the left side of the Pulley (23). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, use a slotted screwdriver to move the Reed Switch slightly. Reattach the Hood, making sure that the Screws are inserted into the same holes from which they were removed. Run the treadmill for a few minutes to check for a correct speed reading.
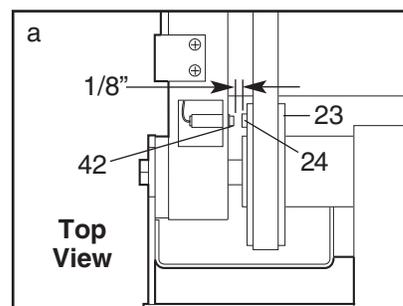
PROBLEM: **The walking belt slows when walked on**

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

      b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the included allen wrench, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each **edge** of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

Rear Roller Adjustment Bolts
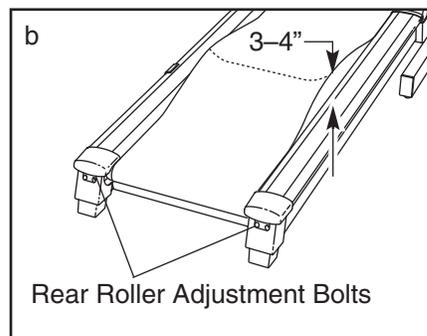
      c. If the walking belt still slows when walked on, see the front cover of this manual.
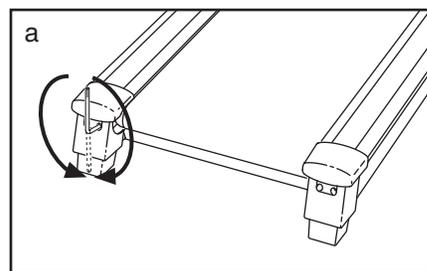
PROBLEM: **The walking belt is off-center or slips when walked on**

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the allen wrench to turn the left rear roller adjustment bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to over-tighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

      b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
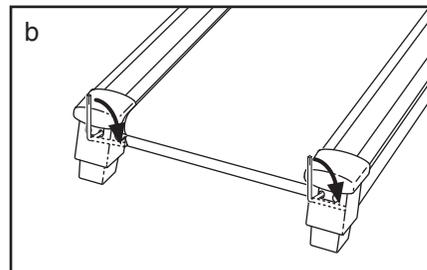
EXERCISE GUIDELINES

⚠WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed or incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed or incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed or incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
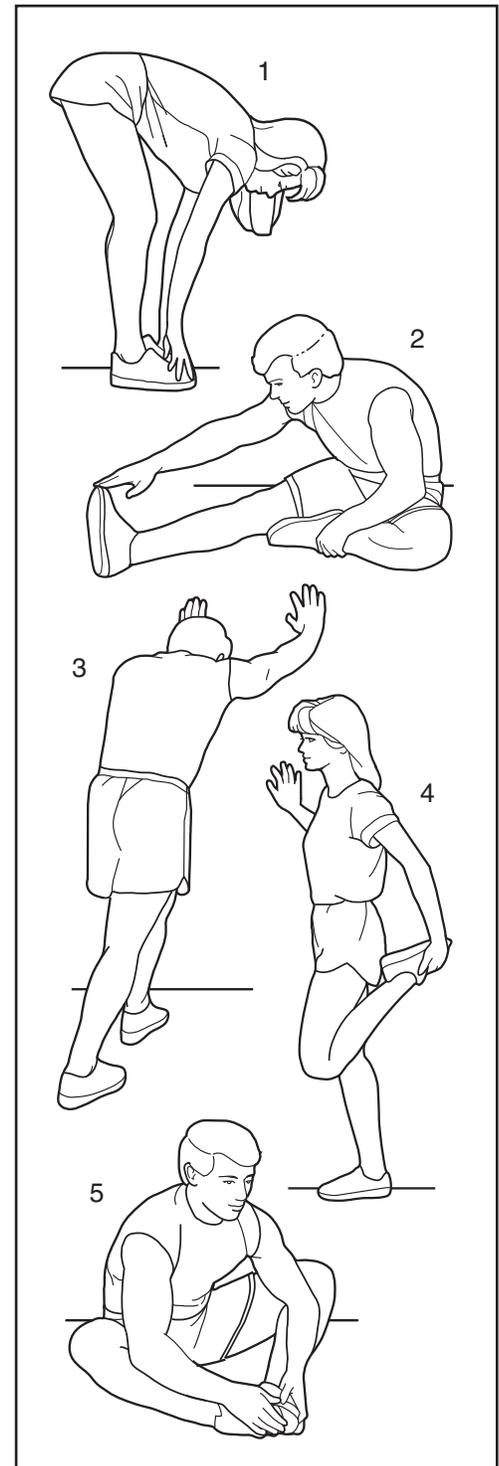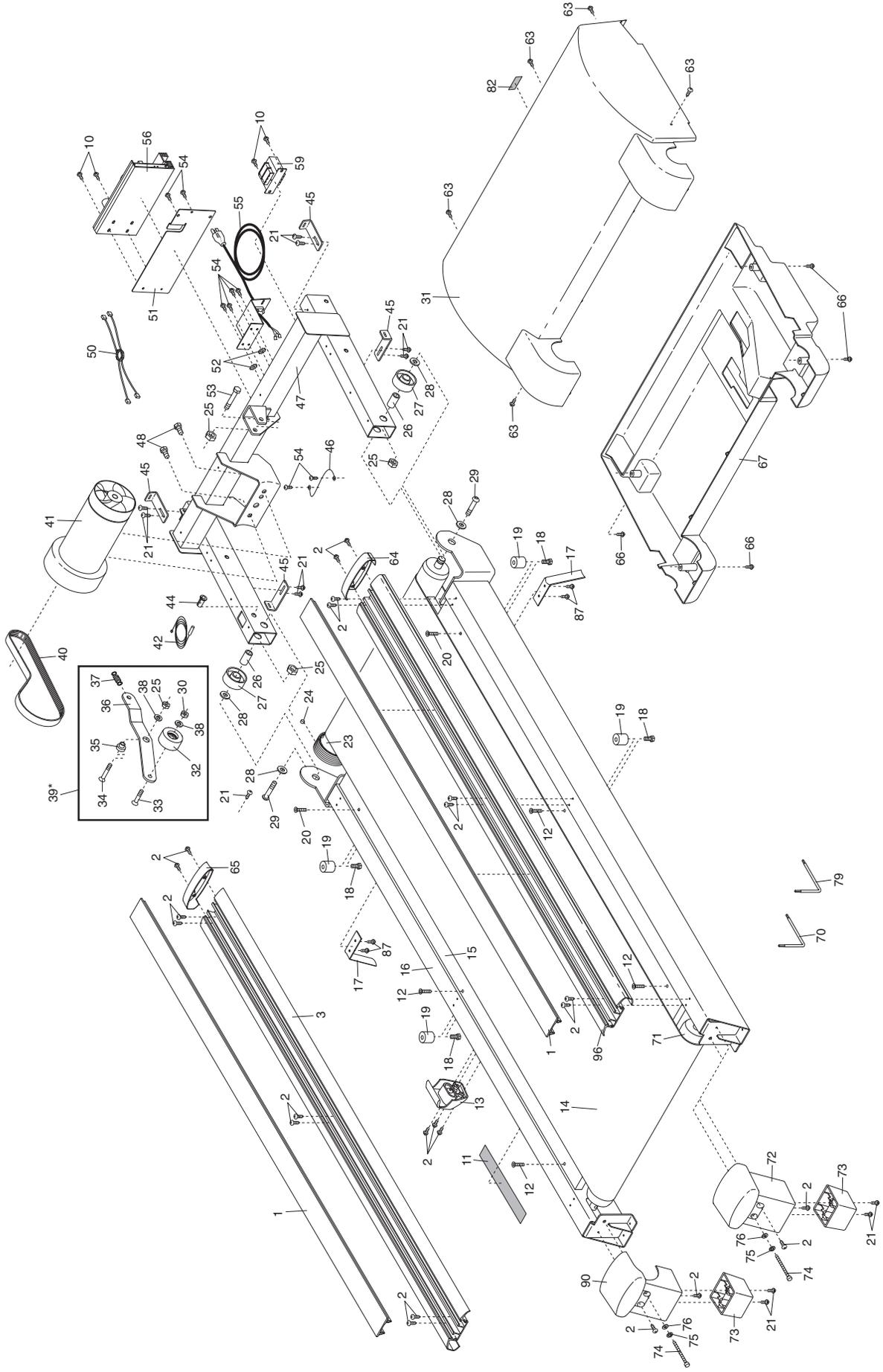
PART LIST—Model No. PFTL81405.0

To locate the parts listed below, see the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	40	1	Motor Belt	78	1	Jack
2	55	3/4" Screw	41	1	Drive Motor	79	1	5/32" Allen Wrench
3	1	Left Foot Rail	42	1	Reed Switch	80	1	Console Base
4	1	Left Handgrip, Top	43	2	Wheel Housing	81	1	Console
5	1	Left Handgrip, Bottom	44	1	Reed Switch Clip	82	2	Static Decal
6	1	Right Handgrip, Top	45	4	Hood Bracket	83	1	Audio Cable
7	1	Right Handgrip, Bottom	46	1	Ground Wire	84	1	Latch Pin Assembly
8	1	Fan	47	1	Lift Frame	85	1	Console Back
9	1	Fan Housing	48	2	Motor Bolt	86	4	Console Bolt
10	2	1/2" Screw	49	1	Pulse Wire	87	4	Belt Guide Screw
11	1	Latch Warning Decal	50	1	Filter Wire	88	4	Star Washer
12	4	Rear Platform Screw	51	1	Controller Plate	89	1	Latch Sleeve
13	1	Latch Catch	52	3	Small Star Washer	90	1	Left Rear Endcap
14	1	Walking Belt	53	1	Lift Motor Bolt, Top	91	2	Lift Pivot Bolt
15	1	Walking Platform	54	9	Electronic Screw	92	2	Wheel Bolt
16	1	Frame	55	1	Power Cord Assembly	93	2	Front Wheel
17	2	Belt Guide	56	1	Controller	94	1	Shock
18	4	Isolator Bolt	57	2	Fan Screw	95	1	Access Door
19	4	Isolator	58	1	Pulse Bar	96	1	Right Foot Rail
20	2	Front Platform Screw	59	1	Transformer	97	2	Base Pad
21	16	Screw	60	1	Key/Clip	98	4	1" Tek Screw
22	1	Console Wire Harness	61	1	Upright Wire Harness	99	1	Upright
23	1	Front Roller	62	1	Book Holder	100	2	Upright Endcap
24	1	Magnet	63	5	Hood Screw	101	2	Caution Decal
25	9	Nut	64	1	Front Right Endcap	102	1	Lift Motor Bolt, Bottom
26	2	Frame Pivot Bushing	65	1	Front Left Endcap	103	1	Incline Motor
27	2	Frame Pivot Spacer	66	16	Motor Belly Pan Screw	104	1	Stop Bracket
28	4	Frame Pivot Washer	67	1	Motor Belly Pan	105	1	Releasable Tie
29	2	Frame Pivot Bolt	68	4	Pulse Bar Screw	106	3	Tie Holder
30	1	Idler Pulley Nut	69	1	Console Frame	107	1	Plastic Tie
31	1	Hood	70	1	Allen Wrench	#	1	8" Blue Wire, 2 F
32	1	Idler Pulley	71	1	Rear Roller	#	1	User's Manual
33	1	Idler Pulley Bolt	72	1	Right Rear Endcap			
34	1	Idler Arm Bolt	73	2	Rear Foot			
35	1	Idler Arm Bushing	74	2	Rear Roller Bolt			
36	1	Idler Arm	75	2	Rear Roller Star Washer			
37	1	Idler Arm Spring	76	2	Rear Roller Washer			
38	2	Idler Arm Washer	77	4	U-nut			
39*	1	Idler Arm Assembly						

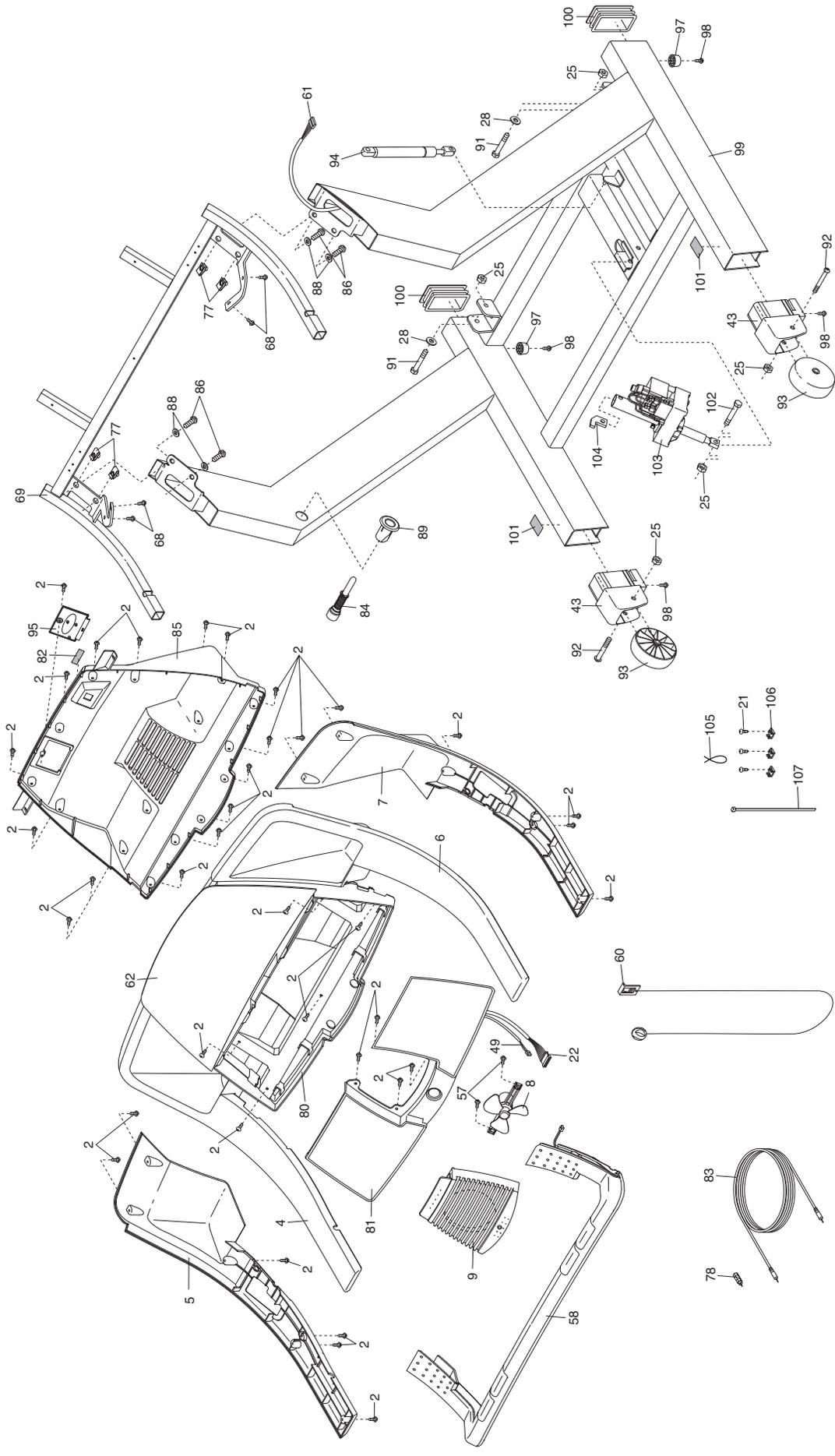#These parts are not illustrated. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. PFTL81405.0

R705A

EXPLODED DRAWING—Model No. PFTL81405.0

HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

• the MODEL NUMBER of the product (PFTL81405.0)

• the NAME of the product (PROFORM 800 LX treadmill)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 31 and the EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for twelve (12) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813